

Finding Home:

How to Belong in a Changing World

Steeves Manor Dialogue #3

How to Spot a Wolf in Sheep's Clothing

September 24, 2008



Ten Red Flags You May Be Dealing With A Wolf:

- They divert attention away from themselves
- Their story does not add up
- They lack empathy
- They lavish flattery — too fast, too soon
- It's too good to be true
- "Pity party" — they are always hard done by
- They scapegoat people
- They tend to be self-centered — it is all about them
- They do not reciprocate
- They befriend themselves to the manager or person in-charge

**Note: Many people exhibit some of these behaviours at different times in their lives and are not predators. You may be dealing with a predator if the person exhibits several of these red flags consistently over time.*



What Makes Us Vulnerable?

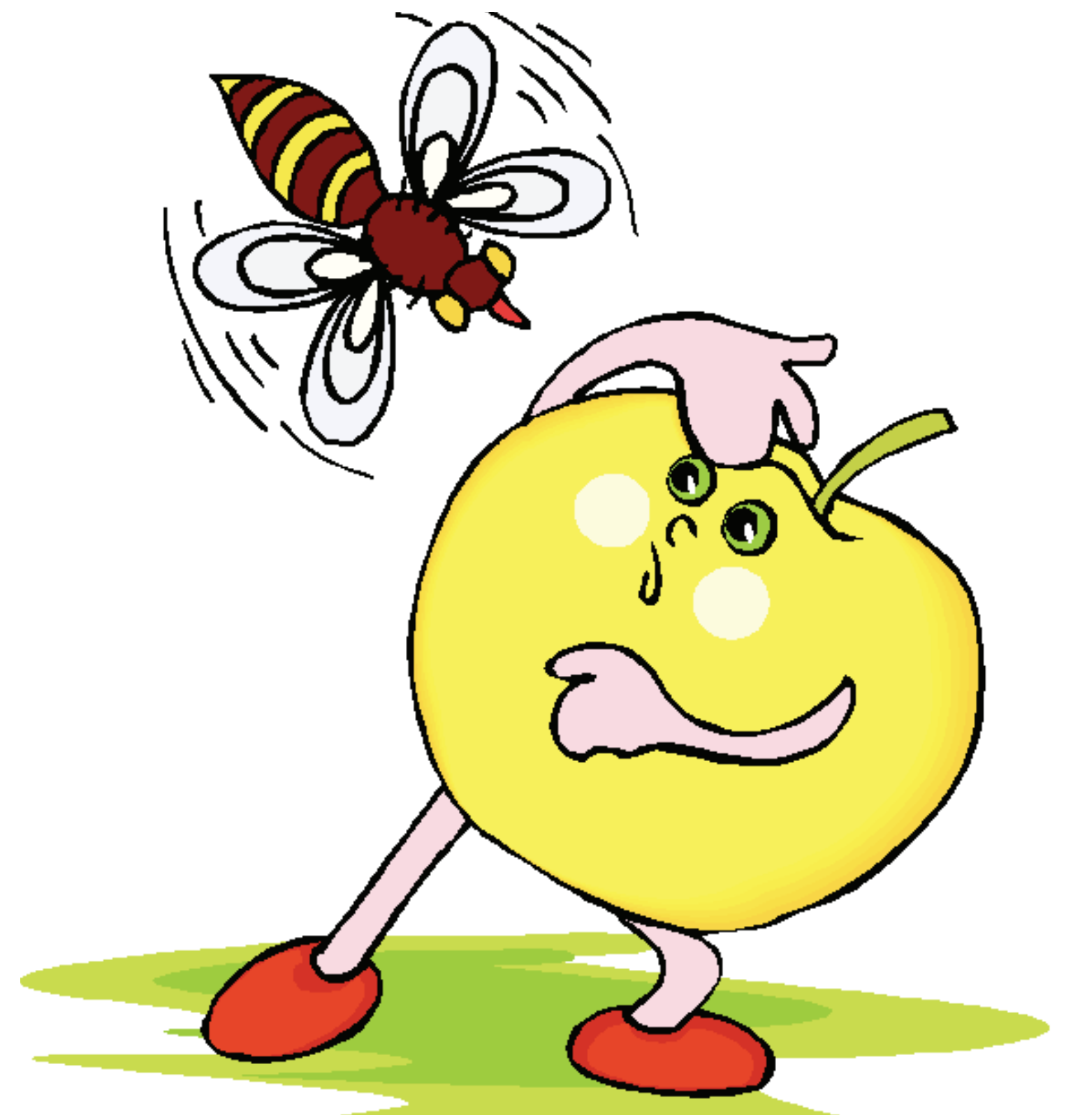
- Loneliness/isolation
- Feeling fatigue & unappreciated/unloved
- Inadequate support system

Life Lessons & Recovery:

- Enhance our compassion & increase self-awareness
- Know we did the best we could at the time
- Develop discernment
- Increase our personal power
- Strengthen our values
- Enhance our compassion for ourselves by increasing self-awareness
- Painful experience can be part of growth
- Remember every day is a new day

Strategies to Keep Safe:

- Body language
- Trust your gut feeling, intuition & speak up
- Find a person that is supportive & believes you
- If necessary find legal or psychological help



the WASP technique:

"Stand still, ignore, leave space and eventually the wasp will fly away."

— Steeves Manor Dialogue Participants

Remember ...

Not Everyone is a Wolf

- Most people are trustworthy
- Do not miss out on good people & the joy of difference & diversity
- Be open to learning about different things
- Do not misinterpret & get stuck in prejudices
- Enjoy making new friends

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